

Here are all the details I promised you about my upcoming
Introduction to Meditation Retreat Saturday, Sept 23rd, 2023!

Looking forward to seeing you there!

[Register Now](#)

"This retreat allowed me to slow down and get in touch with my spirit. It gave me tools to use to develop my meditation skills. The beautiful, tranquil setting in nature was wonderful." Amber K.

"It was a fun, insightful retreat. Time went fast but every single activity had an impact on me! The variety, scenery, the relaxing cascade made this experience very unique. I feel like I had a day of treating myself with love and kindness. Better than a spa day. " Claudia P.

"I was pleasantly surprised at the knowledge and testimony Laura has of her work, meditation and helping others to find better ways of communing with Heavenly Father and His creations." Erika M.

If you still need more details, feel free to reach out to me anytime! ([Schedule a call with me](#))

[Register Now](#)

Introduction to Meditation– Saturday September 23rd 2023

Your Half Day Christian Perspective Retreat!

[Register Now](#)

A beautiful day of gentle exercise, relaxation, instruction, and guided meditations
in one of Ontario's most serene settings on the Bruce Peninsula

Benefits of Attending

- ✚ Beautiful location in the Bruce Peninsula
- ✚ Learn to meditate
- ✚ Gentle exercise
- ✚ Come away feeling more relaxed, refreshed and rejuvenated
- ✚ Connected to spirit
- ✚ Feel loved and supported

You are invited to join me as I share with you a few techniques I have learned over the last ten years that have brought me peace and perspective and closer to God.

[Register Now](#)

*Saturday September 23rd 2023 in Bruce Peninsula
Half day 10am to 3pm Hosted by Laura Lane at her
beautiful home in Wiarton, ON*

Most likely you've struggled to incorporate meditation into your daily spiritual practice, or you are not really sure how to meditate.

You know you also need a break, some time to recharge your batteries and reconnect with other women who understand the challenges you face.

You'd like to learn techniques that fit it with your Christian beliefs and will help you better communicate with God and hear His word.

Come spend a relaxing day with other Christian women who are looking to learn how to strengthen their relationship with Heavenly Father. Enjoy the space to relax, reflect and share the insights that come from those quiet moments nurturing your soul.

In the 5 hours we will have together enjoy the beautiful, serene setting, explore how meditation opens the door to the Holy Spirit. We'll do some gentle exercise and break bread together. This is an opportunity to spend time in nature while learning to meditate and journal the insights that come from quiet reflection.

You are invited to join me in my home in beautiful Bruce Peninsula as I share with you a few techniques I have learned over the last ten years that have brought me peace and perspective and closer to God.

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In making your decision to attend, would it be helpful to you to know...

What you will learn during our time together?

- How to quiet your mind
- Develop new and better meditation skills

What do Laura's clients say about attending her retreats?

- ❑ "This day was just what I needed. There was a beautiful balance of instruction, action and interaction. It was beautiful to connect with new friends and learn from others." *Kelly K*
- ❑ "I was pleasantly surprised to enjoy learning about meditation and finding that I could benefit from it. It was a great day of connection with everyone present and with myself." *Tracy P*
- ❑ "The retreat was wonderful. I enjoyed the meditation and QiGong space as I was able to connect with my soul and my purpose in life. It was really a unique experience and I needed to relax and remove many worries and stress in my life." *Marta M*
- ❑ Laura was extremely knowledgeable on the subject matter. She was able to deliver the instruction in a loving and inspirational manner. It was an enlightening day. So glad that I was able to participate in this retreat. It was just what I needed! Thanks for a fantastic day! *Saralyn C*
- ❑ Thank you, Laura, for your depth of knowledge, love, direction and vulnerability. You were able to take the focus out of this world and help us relax, contemplate, meditate and most importantly, get in touch with our life giving energy. It was a delightful, touching, insightful day. Thank you. *Ruth M*

What do Laura's clients say about working with her?

"Laura is phenomenally gifted in guiding a person through to deeper clarity" ~ Ellen

"Laura is a truly gifted facilitator. With careful, consistent inquiry she helped me go from a vague notion to a clear, focused vision of what my life can and will be." ~ Jan

"Laura told me to put my attention to my intention and I love every moment of it. I feel empowered, with more energy and the best part is that I look forward to every day.

"Thanks, Laura, for helping me fall in love with my life again." ~ Ghurair

How is Laura Lane qualified to teach these ideas and processes?

- Laura Lane is the author of “Two Mothers One Prayer: Facing your child’s cancer with Hope, Strength and Courage” and host of the Hope, Strength, Courage Podcast for Cancer Parents
- Laura specializes in teaching women of faith how to cope in a crazy world.
- Laura is a Courage Coach and an expert on finding peace and divine perspective especially during the most difficult life circumstances
- Laura is a Level 3 Therapeutic Touch Practitioner and has been teaching her clients how to meditate for the last 7 years
- Laura is trained level 1 Qigong Instructor
- Laura is certified through the Evolutionary Business Council as a Level 1 Certified Master Trainer
- As a certified Passion Test Facilitator and LifeSuccess® Consultant, Laura has hundreds of hours of coaching experience as a coach’s coach with clients on 5 continents.

What is included?

- Qigong and Meditation instruction
- Introduction to Labyrinths

How do I register?

- Registration forms are available online at LauraLane.ca/Intro-to-Meditation

How many spots are available?

- We are able to accommodate up to 15 guests.

When your payment or deposit needs to be made to reserve your spot?

- September 13th 2023

Price

- SPECIAL 2023 Introductory RATE \$47 CAD
- Regular Rate \$97 CAD

The Agenda for the day together

- Saturday September 23rd 2023 10:00am to 3:00pm
- Registration 9:45am-10:00am
- Meditation Instruction 10:00am – 12:00 noon
- Short lunch Break 12:00 noon -12:30pm
 - Pack a bag lunch or grab a quick bite at local fast food restaurants
- Introduction to Labyrinths at [Rural Rootz](#) 12:30pm -2pm
- Integration & Conclusion of the day 2pm –3pm

What if I have other questions or concerns?

- Call Laura at 905-741-5851 or email her at laura@lauralane.ca

[Register Now](#)